

**AREA HOMECARE & FAMILY SERVICES INC**

1320 Woodbury Avenue ~ The Ballard Building

Portsmouth NH 03801

Phone: 603 436-9059 Fax: 603 334-6681

Email: [gmccollester@areahomecare.org](mailto:gmccollester@areahomecare.org)

Since 1972 Area HomeCare & Family Services has served elderly residents of Fremont. Our mission is to provide home care services to the elderly and people with disabilities, so they may remain in their homes for as long as possible.

Last year we served 7 Fremont seniors with 2,798 hours of direct homemaker and companion services. We look forward to a continued working partnership with you. Thank you for your support.

**HomeMaker Services** provides companionship, emotional support and services such as food shopping and errands, planning and cooking meals using special diet guidelines, laundry (limited to bedding, towels, rugs & personal clothing) and other related services.

**In-Home Care Services** perform tasks similar to HomeMaker Services. These clients need services more frequently and for longer periods of time. This program provides services for up to 35 hours per week and can provide transportation to medical appointments and shopping.

**Chore Services** helps frail elderly and people with disabilities maintain their homes by providing home repairs and maintenance, usually beyond the client's capabilities.

**Caregiver Respite Program** provides some funding for day programs, home respite and alternate residential respite for the primary caregivers and those suffering from Alzheimer's and other related disorders.

**Project CoolAir** provides air conditioners for low-income seniors who are medically fragile.

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**A SAFE PLACE**

6 Greenleaf Woods Suite 101

Portsmouth NH 03801

(603) 436-4619

24 hour crisis line (800) 854-3352

[www.asafeplacenh.org](http://www.asafeplacenh.org)

A Safe Place provides emergency shelter and support services for people in abusive relationships.

During our fiscal year 07/01/07 to 06/30/08, A Safe Place served 10 victims and provided 245 (15 minute) service units of services. Other services provided:

- ◇ 24 hour / 7 day staffed hotline
- ◇ 24 hour / 7 day staffed shelter
- ◇ Legal advocacy in the form of assisting victims of domestic abuse obtain temporary or permanent restraining orders
- ◇ Referrals to appropriate social service agencies or other shelters
- ◇ Peer support
- ◇ Weekly support group for children staying at the shelter

- ◇ Weekly support groups for the community
- ◇ Direct financial assistance to victims in the form of modest gift certificates from grocery stores, pharmacies, gas stations, department stores, pre-paid phone cards, and locksmith costs to change their locks for safety.
- ◇ Clothing and toiletries, household items and other needed items so that our service users may take the steps needed to move from victim to survivor.

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## **CHILD AND FAMILY SERVICES**

99 Hanover Street  
Manchester NH 03105  
(603) 668-1920 (800) 640 6486  
[www.cfsnh.org](http://www.cfsnh.org)

During the past year (07/01/07 through 06/30/08), we are pleased to have been able to provide 609 hours of service to 30 Fremont residents through Family Counseling, Early Supports and Services, and Child Health Support. Services available to Fremont residents include:

**Adolescent Substance Abuse Treatment:** Outpatient screening, assessment and counseling services for adolescents and their families who are experiencing problems of drug/alcohol abuse or dependence.

**Child Health Support:** Parent aids assist families who have abused or neglected children to help solve the problems that led to the abuse or neglect and to strengthen the family. Includes supervised visits between parents and children and practical help with parenting and household management.

**Early Supports and Services:** Provide family-centered services to infants and toddlers who have a developmental disability, a developmental delay, or who are at risk of developmental delay. Early intervention services are provided in the home or other natural settings familiar to the child and family.

**Family Counseling:** Licensed therapist provide counseling services that utilize individual and family strengths to address a wide variety of problems including death, divorce, substance use, abuse and neglect, and other social and mental health issues. Counseling services strengthen the health of the community by assisting families in overcoming the debilitating problems that weaken the family structure and impede a child's healthy development. In addition to individual family work, throughout the year, clinicians offer group sessions and evening courses in the community to accommodate the needs of working parents.

**Pregnancy Counseling and Adoption:** Unbiased counseling for parents facing an unplanned pregnancy, adoption planning, domestic and international home studies and post adoption services for adoptive parents, their children and birthparents.

**Camp Spaulding** is a residential camp that provides a two-week camp experience to disadvantaged, at risk boys and girls ages 8-14. Camp Spaulding is unique in its dedication to serving the needs of children from low and moderate-income families.

**Family Intervention Program:** Provides in-home assessment, support and empowerment to NH Employment Program clients who have barriers to employment in order to help them become self-sufficient.

**Fatherhood Project:** Partnership between CFS and NH Dept of Corrections to help incarcerated fathers to improve their parenting skills and prepare them for life with family once they return to the community.

**Group Home:** Provides long-term residential care and emergency overnight shelter for youth between the ages of 13 and 19 who cannot live at home.

**Healthy Families** provides medical support and social services to low-income pregnant women and their children. Services are designed to improve the health of the baby and mother and to provide the support families need during the crucial first months of an infant's life. Services provided by an interdisciplinary team of medical, social work, and education professionals offer support throughout pregnancy and the first year after birth

**Individual Service Options:** Tailors a variety of therapeutic, social and community-based services to the specific needs of a child and his/her family endeavoring to create a safe, stable, positive home environment for each child. Specializes in foster care placement and foster care recruitment, training and support.

**Integrated Home Based Services** prevents recurrence of abuse, neglect and delinquency through provision of an integrated series of services designed to meet the specific family's needs.

**Student Assistance Program:** Provides an array of school based services dedicated to ensuring positive academic and social outcomes. Focuses on substance abuse prevention, violence prevention, successful home and school partnerships, life skills training, positive peer leadership and goal development. Offers individual, family and/or group counseling and case management services. K-12.

**Tracking and Supervision:** Helps prevent placement through provision of community based family counseling, intensive supervision, and support to CHINS or delinquent youth and their families.

**Transitional Living Program:** Safe, stable housing & support services provided to homeless youth age 18-21. Each participant develops a plan to acquire the skills and resources necessary to live independently within 12-18 months.

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### CHILD ADVOCACY CENTER OF ROCKINGHAM COUNTY

100 Campus Drive Suite 11  
Portsmouth NH 03801  
(603) 422-8240

Email: [seacoastcac@communitycampus.org](mailto:seacoastcac@communitycampus.org)

6 West Broadway Suite 2-5  
Depot Square Building  
Derry NH 03038  
(603) 434-5565

[www.cacnh.org](http://www.cacnh.org)

The mission of the Child Advocacy Center of Rockingham County is to protect children. We do this by providing a safe environment for the evaluation of child abuse and exploitation, coordinating services to victims and families and preventing future abuse through community education. Our goals are to:

- ◇ Create a neutral place where interviews and services for abused children is provided
- ◇ To prevent trauma to a child caused by multiple contacts with various community professionals
- ◇ To provide the family with needed services that help them resolve their problems
- ◇ To communicate and coordinate our efforts with other community agencies

Since opening our doors in 2000, we have served over 3,200 children and their families in Rockingham County. From January to July 2008, we have served 2 children and their families from Fremont.

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## COMMUNITY SERVICES COUNCIL OF NH

PO Box 2338

Concord NH 03302-2338

[www.cscnh.org](http://www.cscnh.org)

Administration Line 800 843 1117 Fax: 603 225 4158

Community Services Council of New Hampshire is a private, non-profit multi-service organization that provides resources, support and direct services to individuals and their families throughout the state of New Hampshire. Programs include residential and day programs for adults with developmental disabilities and/or brain injuries; homeless services (Homeless Hotline, Unite to Help Security Deposit Guarantee Program, Emergency Hotel Program); Community Care Choices, in-home care services; and programs for older adults including Beacon Landing, a new adult day program for adults with memory impairment.

In July of 2007 the New Hampshire Homeless Hotline began operating as an independent program, continuing to provide the critical services it had been providing previously under the New Hampshire Help Line umbrella. In 2008 it is estimated that four Fremont residents called for assistance, with a calculated dollar value of \$890.

The New Hampshire Homeless Hotline has received over 4,000 calls already this fiscal year. The total number of clients served can be calculated at 1.5 – 2.5 that number since many of the callers represented families composed of two, four or more members. Many were at risk of becoming homeless, and the assistance, referrals and support they received through the Homeless Hotline made the difference between their becoming homeless and dependent on welfare and their gaining the skills and confidence to become independent and productive citizens. Contrary to the image often portrayed of homelessness, i.e. that it is only a problem in urban areas, there are people struggling with issues related to homelessness in every town in every state, including New Hampshire.

The Homeless Hotline staff work closely with all homeless outreach workers, local welfare offices, homeless shelter staff and local police departments as necessary to help people who are homeless or at risk of becoming homeless to find shelter as well as other services they need to regain independence. Between October 1<sup>st</sup> and April 30<sup>th</sup>, the Hotline operates twenty-four hours a day, seven days a week with a live Homeless Hotline Information and Referral Specialist who is available by cell phone.

In the case of an emergency where an individual or family may not have any options available to them at that time, Hotline staff may help them secure a hotel room for the evening until a proper and more long-term disposition can be reached the next day. The Emergency Hotel Program serves as a last resort for individuals and families who find themselves seeking temporary shelter when regular shelters or other services may not be available or the usual supports are not available after normal operating hours. The program pays for a one- night stay at a hotel or motel until the next day or in some cases, for the weekend when the family or individual can't receive the services available to them. At no time is any direct payment given to the individual receiving the services.

CSCNH homeless services provide a number of key and crucial supports to the residents of Fremont. With the state's homeless population growing due to a lack of affordable homes, increasing rental costs, rising fuel prices and low paying jobs, the number of calls received by the Homeless Hotline is increasing as well. The Hotline is the first and central point of contact for those experiencing homelessness or at risk of homelessness because I & R Specialists are available at times when other service providers are not.

The Homeless Hotline is also a valuable resource for local police departments and municipal officials who are facing increasing budgetary constraints at the same time they are dealing with increasing demands for services. By providing case management, referrals and assistance to individuals and families who would otherwise be dependent on town or emergency services, the Hotline program helps to relieve this burden. By connecting people with the services they need in a timely and efficient manner, they are able to receive the help they need to achieve stability and independence.

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**CASA of NH**  
PO Box 1327  
Manchester NH 03105  
(603) 626-4600  
[www.casanh.org](http://www.casanh.org).

Regional offices in Berlin, Colebrook, Dover, Keene, and Plymouth

CASA of New Hampshire recruits, trains and supervises volunteer advocates to speak for the best interests of abused and neglected children in New Hampshire's court system. Every year, hundreds of New Hampshire children enter our court and foster care systems as victims of abuse or neglect. Each of these children needs and deserves a safe and permanent home. It is critical that one adult with no agenda other than to advocate for a child's best interests stands in her corner as decisions are made about her future; one adult who will do his best to understand the people in and circumstances of her life; one adult who will advocate for a safe, nurturing, and permanent home. For one child, that might mean a return to a caring parent who has worked to change her home environment in order to ensure her child's future safety. For another, it might mean termination of parental rights and release for adoption. Either way, CASA of NH is there to give the child a strong and powerful voice in court.

CASA volunteers are appointed by judges to function as the voice of children aged 0- 18 in New Hampshire's courts. At any given time, CASA of NH provides personalized advocacy for some 1,000 young victims. This represents approximately 70% of the children involved in New Hampshire's child protection and juvenile justice systems.

In Rockingham County in 2007, 133 cases were open in Family Court, involving 193 abused and neglected children. 105 CASA volunteers help ensure that children's needs are met and services provided to facilitate safe reunification with biological families when possible.

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**GREAT BAY SERVICES**  
2061 Woodbury Avenue  
Newington NH 03801  
(603) 436-2014  
[www.casanh.org](http://www.casanh.org).

Regional offices in Lancaster, Keene, Plymouth, and Dover

### **Mission Statement**

The Mission of Great Bay Services is to offer supports to people with developmental disabilities and special needs and to their families; to enrich and enhance the lives of the people we serve and to assist them in reaching their potential through comprehensive services which give options and choices; to initiate innovative ways to meet the changing needs of our clients; and to support self-determination and advocacy for those we serve.

The current array of services includes:

- \*Vocational Programs include pallet making and light assembly work such as collating, bulk mailings, sorting, packaging for businesses in our community. Approximately 60 adults with developmental disabilities are productive, wage earning employees in a pleasant working environment.
- \*Landscaping Services provide quality grounds keeping services to businesses and homes in our community. The Landscape Crew consists of 5 adults with developmental disabilities who help to maintain grounds for over 20 local businesses and private homes.
- \*Food Services - Our kitchen provides nutritionally balanced lunches daily, as well as a training work site for the people we serve. Over 40 meals are prepared daily with the assistance of several individuals whom we serve. As a result of it being such a wonderful training worksite, a number of individuals have been placed and are now working in local restaurants and nursing homes.
- \*Community Employment Services assist individuals with developmental disabilities in career development. Our goal is to make successful job matches based on the realistic choices of the people we serve. We currently support 39 individuals with developmental disabilities in our community, working with 17 different community employers.
- \*Residential Services now have 5 homes that serve a total of 47 adults with developmental disabilities located in Newington/Portsmouth, NH and York, Maine.
- \*Community Center programs offer a therapeutic/recreational/social venue that fosters community inclusion/volunteerism. Approximately 30 adults participate in this program routinely.
- \*Senior Program- provides leisure/recreation opportunities for adults with developmental disabilities who are senior citizens and unable to work or no longer wish to work.
- \*Social/Community Inclusion - Great Bay Services provides countless opportunities to participate in social and leisure activities such as weekly bowling, a weekly Monday Night Social event which includes dancing, crafts, karaoke, pot luck dinners, and movie nights. There are usually about 30 people whom we serve who enjoy bowling each week in Portsmouth. Approximately 35 individuals gather on Monday Nights to enjoy social activities with their friends.
- \*Guided Tour Vacations - Staff help to make dreams come true by facilitating vacations in the United States and abroad through The Guided Tour, Inc. Each year 5-10 individuals we serve vacation with The Guided Tour, Inc. This year the trips included Ireland, the Caribbean, and Disney World.
- \*Special Olympics- Each year Great Bay Services staff and volunteers, made up of family members, assist approximately 40 athletes with practice in preparation for the local Area Games and Special Olympics held at UNH.
- \*Service Coordination – Each client has their own Service Coordinator who advocates for the individuals we serve, working with the entire team which includes person served, families, staff, medical personnel.
- \*Transportation Services - Great Bay Services provides transportation to the people we serve to assist with their daily schedules which includes individuals who would be unable to receive services. Twenty-five (25) individuals receive transportation back and forth to their homes each day through our transportation services. Our 47 residents receive transportation to GBS, and/or community employment through our transportation services. Ten (10) individuals are driven to their part-time jobs once they arrive at GBS.
- \*Nursing Services - Our Registered Nurse works with people served, their families, and our staff to ensure that medical and health needs are being met.

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**LAMPREY HEALTH CARE**

Administrative Offices  
207 South Main Street  
Newmarket NH 03857  
(603) 659-2494

Raymond Center  
Route 27  
Raymond NH 03077  
(603) 895-3351

**INFO LINK (888) 499-2525**

**www.lampreyhealth.org**

Lamprey Health Care is a non-profit, community based primary health care organization providing medical services, social services, information and referral and senior citizen transportation, as well as transportation for the physically challenged in Rockingham County. Transportation services, medical services and information and referral services are provided to residents of Fremont.

The Senior Citizen Transportation Program operated by Lamprey Health Care is one of the most important services provided to residents of the area, and provides service to the elderly and physically challenged residents of this region. Access to transportation is critical to this population remaining independent. The busses provide necessary transportation for food, shopping, for medical appointments, the pharmacy and for recreational trips. Residents are picked up at their homes, and are assisted with bundles and with shopping if necessary.

The busses operated by this program are handicapped accessible. Special appointments, which cannot be incorporated into the specific routes serving your area, are arranged through the Transportation Coordinator and a group of volunteers. The Program almost operates as a "Friendly Callers" program in that the seniors who ride are in contact with the program, and if not, they are checked on necessary errands for their riders if they are unable to do them due to illness, etc. This program does a great deal toward keeping our elderly population healthy, independent and in their homes.

The medical services provided by Lamprey Health Care include primary medical care, health promotion, education, and social services. Increased capacity in both our Raymond and our Newmarket centers allows Lamprey Health Care to serve the residents of our local area in a timely and efficient manner. Medical care provided includes prenatal care, adult medicine, and geriatric medicine, as well as a wide range of health education activities and chronic disease management programs such as diabetes education and support.

INFOLINK provides up to date information and referral services to Fremont residents, available toll free at 1-888-499-2525. INFOLINK can help local residents find the answers and support they need when they have a question about a service or type of assistance.

- 2007 Services provided to Fremont: 402 patients made 1,607 visits and 70 rides were provided to Fremont seniors and adults with disabilities

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**NEW HAMPSHIRE SPCA**  
104 Portsmouth Avenue PO Box 196  
Stratham NH 03885-0196  
(603) 772-2921  
[www.nhspca.org](http://www.nhspca.org)

The NH SPCA provides the following services:

Adoption and surrender services	Medical care for the animals
Obedience Training	Behavior Consultations
Programs for Senior Citizens	Resource Information Support
Low cost Rabies Vaccination & Microchip Clinics	KIND Club for kids ages 9 to 12
Jr Volunteer program for kids ages 13 to 15	Summer Camp for kids ages 6 to 12
Story Hour for Pre-Schoolers	Animal Foster Care program
Cruelty Investigations	Disaster Response Team & Preparedness

Disaster Relief Temporary Shelter  
Humane education in local schools and for adults in the community

We Care Club for Kids ages 6 to 9

In the period 04/01/07 – 03/30/08, the following services were provided to Fremont residents:

Number of animals surrendered by residents	40
Number of animals adopted by residents	25
Total number of school children reached	207
Total number of animal cruelty reports received	7
Total number of residents participating in training and behavior consultation	5
Total number of animals brought in as strays/found	7

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### **RETIRED AND SENIOR VOLUNTEER PROGRAM**

Sponsored by the Portsmouth Housing Authority

245 Middle Street

Portsmouth NH 03801

(603) 436-4310

Email: [rsvp@friendsprogram.org](mailto:rsvp@friendsprogram.org)

The Retired and Senior Volunteer Program (RSVP) is organized to create meaningful volunteer opportunities for older Americans 55 years and over, to participate more fully in the life of their communities through volunteer service. It is also to provide for a recognized role in the community for older Americans. It provides needed community service and self-satisfaction of the older American.

RSVP volunteers contribute their time and skills to non-profit agencies throughout Rockingham County. In the period from July 1, 2007 to June 30, 2008, these volunteers provided 76,801 hours to the people of Rockingham County. The dollar value of their services is \$1,399,738.

Local organizations served include:

- ❖ Ray-Fre Center – 30 volunteers coordinate activities, provide assistance to consumers as needed (3,950 hours); and
- ❖ Ray-Fre Senior Nutrition and Meals on Wheels – 9 volunteers assist with the preparation and delivery of nutritious meals (770 hours).

The following opportunities are available:

Office assignments

Senior Nutrition

Volunteer Drivers

Meals on Wheels

Nursing Homes

Adult Tutoring

Hospice

Schools

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### **RICHIE MCFARLAND CHILDREN'S CENTER**

11 Sandy Point Road

Stratham NH 03885

(603) 778-8193

[www.richiemcfarland.org](http://www.richiemcfarland.org)

The Richie McFarland Children's Center serves:

- Children with developmental delays and disabilities from birth to age three.
- Children who have delays in speech, language, motor and social skills, and other who will require more care. This includes children with hearing and vision impairments; children with Cystic

Fibrosis, Cerebral Palsy & Down Syndrome; and children who are medically fragile or born prematurely, among others.

- Children who are at risk developmentally due to a combination of health issues (such as premature birth, extremely low birth weight or respiratory distress) or family issues (such as family history of mental illness, homelessness, documented substance addiction or proven child abuse or neglect).
- All families regardless of their ability to pay for services, and regardless of whether or not they have insurance that will cover the therapies provided.

We provide speech, physical, occupational, and educational therapy; family support and short-term counseling; integrated therapeutic groups and playgroups; and assistance to schools and families with transitioning children into school systems when children turn three, if their delays or disabilities require further attention. Last year the Center served 9 children and their families from Fremont.

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### **ROCKINGHAM COMMUNITY ACTION**

Outreach Program – Jedediah Brown Homestead  
55 Prescott Road  
Raymond NH 03077  
(603) 895-2303

Fuel Assistance (603) 436 6896 or (800) 639 3896  
W I C (603) 778 1834

Rockingham Community Action (RCA) is a private, non-profit organization. Our mission and scope is broad: to assist people already living in poverty with direct services, to prevent more families from falling into poverty, and to assist families in finding long-term solutions to their economic needs so they can eventually become self-supporting.

Community Action provides a wide range of services that are unduplicated elsewhere in the county. Many of our services meet immediate, critical needs, while others are designed to help families achieve long-term economic self-sufficiency. Community Action provided the following services to eligible residents of Fremont from July 1, 2007 through June 30, 2008.

**53 households received one of a group of Fuel Assistance Programs**, services that provided financial grants of up to \$975 to low-income households to assist with energy-related expenses through the Fuel Assistance Program (some households also receive furnace cleaning and budget and energy counseling, and elderly support services), and grants of up to \$300 for fuel and utility emergencies for households not eligible for the Fuel Assistance Program through the Neighbor Helping Neighbor and the Senior Energy Assistance Service. (Dollar value of assistance \$37,980)

**33 households received assistance from the Electric Assistance Program**, providing a discount ranging from 15% to 95% on monthly electric bills to low-income households. (Dollar value of assistance \$14,916)

**2 households were enrolled in Workforce Development**, which is the “umbrella” for a variety of programs designed to foster long-term self-reliance: Disadvantaged Adult and Dislocated Worker Programs; COMPASS Youth; Welfare to Work; and Wheels to Work. Each component helps clients determine goals and develop strategies to overcome barriers to employment. Wheels to Work enables low-income individuals to find or retain employment through the provision of dependable cars at affordable terms.

**12 children and child care providers participated in the Family Child Care Program**, which provides services that assist family child care providers and benefit the children in their care, including training, technical assistance and sponsorship of the USDA Child and Adult Care Food Program.

**19 child care referrals were arranged through the Child Care Resources and Referral Program**, which maintains an inventory of all available child care options, provides child care referrals to employees of participating companies and to the general public, and expands the supply of quality child care by recruiting, training and assisting new child care providers, including the training of TANF participants.

**45 individuals received help through the WIC or Commodity Supplemental Food Programs:** WIC provides supplemental nutritious foods, nutrition education, breast-feeding support and health care screening/referrals to pregnant women, nursing mothers, infants, and children up to the age of five; the Commodity Supplemental Food Program provides monthly allotments of commodity foods and nutrition education materials to senior citizens, postpartum women, and 5-year-old children. (Dollar value of services \$29,496)

**36 individuals received Literacy Services**, which provide high quality books and other literacy services to low income pre-school children and their families through the library-based Gift of Reading book distribution program and the Tales to Go traveling literacy and arts van, and adult basic education services through the Portsmouth Adult Basic Education Program.

**1 child was enrolled in Head Start**, a comprehensive early childhood development program that provides education, health, nutrition, disability, and family support services to low-income pre-school children and their families.

**4 families accessed the Homeless Outreach Intervention Program** which assists homeless individuals and families in gaining shelter, arranging alternative shelter, and/or gaining transportation to shelters or other temporary or permanent housing options. These funds (\$67) were primarily used for transportation needs. **1 family received assistance from the Homeless Prevention Program**, which provides grants to low-income households for the payment of rent, mortgage, utilities, or other basic necessities to households facing eviction, foreclosures, utility terminations, lack of fuel, or other emergencies. (Dollar value of grant \$1,000)

**27 families accessed the Surplus Food Distribution Program** which coordinates and distributes USDA surplus food to participating homeless shelters, soup kitchens, and emergency food pantries. **2 families accessed Emergency Food Pantries**, which provides 3 to 7 days of food to households who are facing severe economic hardship and are critically low on food.

**1 household received Crisis Services**, which provides emergency grants to low-income households for the payment of rent, mortgage, electricity, fuel, or other basic necessities for households facing evictions, foreclosures, utility terminations, lack of fuel, or other emergencies through various Crisis Programs.

**1 person accessed Personal Emergency Response Systems**, which provides access to affordable emergency response systems for aged or disabled individuals in order to ensure their safety and maintain their independence and quality of life.

In addition to these major programs, much of our staff time is devoted to working with people who come to us seeking help. During the past year, we logged 163 calls or visits from Fremont residents

at the Outreach Center, many of which were crisis calls involving evictions or foreclosures, fuel or utility problems, the lack of food or clothing, or general financial needs. By working closely together with local and state welfare administrators, landlords and mortgage lenders, fuel and utility companies, other human service agencies, and interested clergy and civic groups, we are able to link those in need with the services available to them.

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**ROCKINGHAM NUTRITION & MEALS ON WHEELS PROGRAM**

111 North Road  
Brentwood NH 03833  
(603) 679-2201

Our function is feeding people: adults, primarily elderly people trying to remain in their own homes, recuperating from surgery or medical treatment (chemotherapy, dialysis, radiation) coping with chronic debilitating disease, episodes of acute illness, multiple health problems; or advanced age and frailty. We have age, disability, and/or income criteria that are adhered to before meals begin, and are reevaluated during service.

The Nutrition program provides hot noon lunches at the First Baptist Church in Brentwood on North Road, Monday through Friday; and through that center meals are delivered to local residents who are homebound.

Meals on Wheels provides the same well-balanced, hot meals delivered to the homes of the elderly and handicapped residents of Fremont. There are age, disability, and/or income criteria for this service. Drivers go to each person's home, deliver the meals, perform small tasks for the person, if needed in small ways: bringing in the mail, opening a jar; and in big ways: accidents, falls, and health crises.

Meals are geared to the elderly and are low fat, low sodium, with diabetic substitutions available. For Meals On Wheels clients whose situations warrant it, we can also provide weekend meals (canned or frozen), night meals, frozen holiday meals, and canned "Blizzard Bags" to be used during the winter when the driver is unable to deliver meals due to inclement weather.

The current cost of services that Rockingham Nutrition and Meals on Wheels provides for Fremont residents is \$19,546. Services provided to Fremont residents in our 2007-2008 fiscal year included:

- 18 Residents fed on a continuing basis,
- About 10 Fremont area residents fed daily
- Served a grant total of 2,696 Fremont meals.

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**ROCKINGHAM VNA & HOSPICE**

137 Epping Road  
Exeter NH 03833  
(603) 772-2981 or Customer Service (800) 540-2981  
[www.foreveryday.com](http://www.foreveryday.com)

Rockingham Visiting Nurse Association & Hospice is a community-based, non-profit Home Health agency that serves the adult population of Rockingham County, NH as well the communities of

Durham and Lee, NH. As an affiliate of Exeter Health Resources, our agency is uniquely positioned to provide you and your family with the highest quality Home Care, Hospice, and Community Outreach Programs and Services for a full range of medical and social issues. Many complex conditions are now being cared for in the home rather than in a hospital or skilled nursing facility.

Our Home Care division brings comprehensive services delivered by a skilled and caring multidisciplinary team directly to you and your loved ones within the security and comfort of your home. Services range from providing assistance with bathing and dressing to performing complicated wound care and treatments, teaching about diabetes management, and providing therapy to regain strength, mobility and independence.

Hospice is a comprehensive, team-oriented program of care that seeks to treat and comfort terminally ill patients and their loved ones. Hospice is a philosophy of care that accepts death as a natural part of life, seeking neither to hasten nor to prolong the dying process.

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**SEACOAST HOSPICE**  
10 Hampton Road  
Exeter NH 03833  
(603) 778-7391 or (800) 416-9207  
[www.seacoasthospice.org](http://www.seacoasthospice.org)

From 07/01/07 – 06/30/08, Seacoast Hospice provided services to 30 Fremont residents:

- 13 terminally ill Fremont residents for a total of 532 patient days, a value of \$101,080 in comprehensive, all-inclusive hospice service.
- 10 residents participated in bereavement services, including after care, counseling and support groups.
- 3 residents of Fremont served as hospice volunteers this year.
- Our community education programs, loaned equipment program free lending library were available to residents.

The mission of Seacoast Hospice is to provide comprehensive physical, emotional and spiritual care for individuals and families to promote the highest quality of living during life-limiting illness and bereavement. Programs and services include:

- ◇ Palliative care consultation concerning pain and symptom management
  - ◇ Transitions: Case management and volunteer support for people living with life limiting illnesses that are not ready or not eligible for hospice care.
  - ◇ Hospice Care: Nursing, social work, spiritual, physician, home health aides, homemakers, volunteers together, work as a team to provide care for the patient and family. Includes medical equipment, supplies and medications. Respite and inpatient care available as needed.
  - ◇ Bereavement Services: Follow-up care for the family of a hospice patient continues for thirteen months following a death. Support groups, short term counseling and education programs are available to the community at large. A special program, Bridges, is available for children, teens and their parents.
  - ◇ Education: Community and professional education programs focusing on caregiving, death and grief, pain and symptom control.
  - ◇ Hyder Family Hospice House: 24-hour hospice care for clients who are unable to remain in their own home. A homelike environment that offers private rooms, accommodations for family to stay overnight and patient control of meals, bathing and temperature.
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## **SEACOAST MENTAL HEALTH**

Prospect Hill PO Box 1041  
Exeter NH 03833  
(603) 772-2710

Seacoast Mental health provides comprehensive mental health services for residents of Fremont. We also offer reduced fees for those who are in need.

We continue to provide comprehensive mental health services for those residents of the Town of Fremont. We also offer reduced fees for those who are in need. Fiscal year 2008 statistics indicate the following services provided to Fremont residents:

- 440.25 hours of service to 78 residents of the community
- Total gross dollar amount for these services was \$78,421.00.

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## **SEXUAL ASSAULT SUPPORT SERVICES**

7 Junkins Avenue  
Portsmouth NH 03801  
(603) 436-4017  
Crisis Hotline (888) 747-7070  
[www.sassnh.org](http://www.sassnh.org)

Sexual Assault Support Services is dedicated to supporting victims/survivors in their effort to heal from the trauma of sexual assault and childhood sexual abuse, while striving to prevent the occurrence of sexual violence in local communities and in society at large.

This mission is accomplished by providing the following services:

- ◇ Toll-free confidential 24 hour crisis intervention hotline 1-888-747-7070;
- ◇ 24-hour accompaniment to police stations and hospital emergency rooms for sexual assault victims;
- ◇ Information and referral to related services such as attorneys and therapists;
- ◇ Support groups for rape survivors, sexual abuse survivors, parents and other affected by sexual assault or abuse;
- ◇ Adolescent workshops on sexual harassment and sexual assault;
- ◇ Professional training and consultation to police departments, hospital and school personnel, others in the community, and human service agencies;
- ◇ Sexual harassment in the workplace workshops for teachers and students.

Our program is committed to providing support, education, and advocacy to all survivors of sexual assault and sexual abuse and their parents, partners and other community members. The primary objectives of Sexual Assault Support Services are to empower survivors, to support them in their healing process, and to educate the community, heightening awareness of sexual assault and its prevention. We provide prevention programs throughout the school system in order to broaden awareness among students, teachers, and the community of the issues of sexual assault and harassment. In addition, our staff coordinates with police departments and hospital staff to improve response to sexual assault cases and to assure a supportive environment for the survivors.